

# metro

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Monday, August 14, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

## AWARD-WINNING RAMEN

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# NO PLACE FOR **HATE**

After a volatile round of protests in Charlottesville, Virginia, President Trump was criticized for not directly blaming the white nationalists behind the violence that led to one woman's death. 3



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## WELCOME TO METRO.US!



ELLIS HENICAN, METRO COLUMNIST

Denouncing the white supremacists, neo-Nazis and KKKers in Charlottesville — that should have been the easy part. But now that he's stumbled so badly there, will the suddenly tongue-tied Donald Trump ever stop seeking alliances with race-baiting, alt-right extremists? Does he even want to? **metro.us**

## FBI PROBE UNDERWAY INTO VIRGINIA VIOLENCE

**I** U.S. authorities are investigating the outbreak of violence in Virginia following a white nationalist rally that killed one person and injured more than 30, presenting President Donald Trump with a major domestic challenge. The violence in the Southern college town of Charlottesville on Saturday was widely condemned, with many politicians and activists on both the left and right also criticizing

Trump, a Republican, for waiting too long to address it and when he did so, failing to explicitly condemn the white-supremacist marchers who ignited the melee. On Sunday, however, the White House said in a statement that Trump's remarks on Saturday condemned all forms of violence and bigotry, including neo-Nazi groups and the Ku Klux Klan.

**For more, see page 3**

## SPECIAL COUNSEL WANTS SENIOR WH OFFICIALS

**2** The special counsel investigating whether Russia interfered in the presidential election and possible collusion between Moscow and the Trump campaign wants to speak with current and former senior White House officials, The New York Times reported. Robert Mueller is in talks with the White House about potential interviews, including with former White House chief of staff Reince

Prius, the newspaper said, citing three unnamed sources briefed on the discussions. Representatives for Mueller and the White House did not immediately respond to requests for comment. "Mr. Mueller has asked the White House about specific meetings, who attended them and whether there are any notes, transcripts or documents about them," the newspaper reported, citing two of the people.



**5 THINGS YOU NEED TO KNOW**

### NYC PROTEST

**3** Protestors rally against white supremacy and racism in Columbus Circle on Sunday. The rally was organized by a New York City-based group called "Refuse Fascism" following clashes between white supremacists and counterprotestors in Charlottesville, Virginia.

GETTY IMAGES

## NO SURPRISE IF N. KOREA TESTS MISSILE AGAIN

**4** The top U.S. intelligence official said he would not be surprised if North Korea tested another missile, given that it had two tests in July, amid rising tensions between the two nations. President Donald Trump has offered fiery warnings for North Korea, saying that the U.S. military was "locked and loaded." North Korean officials in turn have accused the U.S. leader of driving the Korean peninsula to the brink

of nuclear war. "I am quite confident that [North Korean leader Kim Jong Un] will continue to try to develop his missile program, so it wouldn't surprise me if there was another missile test," U.S. Central Intelligence Agency Director Mike Pompeo said on "Fox News Sunday." North Korea said on Thursday that plans would be completed by mid-August to fire four intermediate-range missiles to land near Guam.

## SAUDI ARABIA SUMMONS TWITTER USERS

**5** A group of Twitter users will be indicted in Saudi Arabia on charges of harming public order for threatening the "safety and moderate ideology of society" through extremism, according to a statement on state news agency SPA. The country's chief prosecutor summoned the Twitter users on Sunday, the statement said, without naming



them or specifying how many were accused. A spokesman for the Ministry of Culture and Information had earlier tweeted that a radical Sunni cleric, Ali al-Rabieei, had been referred to a "publication crimes" committee for unspecified violations. Ministry officials did not respond to requests for comment on whether Rabieei was among the group.

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Source: Sugarscience.org

# After criticism, White House says Trump condemns KKK, neo-Nazis

The Charlottesville violence is the latest clash between supporters of the far right and the president's opponents.

President Donald Trump's remarks condemning violence at a white nationalist rally were meant to include the Ku Klux Klan and neo-Nazi groups, the White House insisted on Sunday, a day after he was criticized across the political spectrum for not explicitly denouncing white supremacists.

U.S. authorities are investigating the outbreak of violence in Virginia, which has put new pressure on the Trump administration to take an unequivocal stand against that segment of his political base. Some rightists have claimed allegiance to Trump, a Republican.

Heather Heyer, 32, was

killed and 19 others were injured, five critically, on Saturday when a man plowed a car into a crowd of people protesting the white nationalist rally in the southern college town of Charlottesville. Another 15 people were injured after rival groups fought pitched battles using their fists, rocks and pepper spray in the streets.

Democrats and Republicans criticized Trump for waiting too long to address the violence and when he did so, failing to explicitly condemn the white-supremacist marchers who ignited the melee.

On Sunday, however, the White House said: "The president said very strongly in his statement yesterday that he condemns all forms of violence, bigotry, and hatred, and of course that includes white supremacists, KKK, neo-Nazi and all extremist groups."



Rescue workers move victims on stretchers after a car plowed through a crowd of counterdemonstrators in Charlottesville, Virginia. GETTY IMAGES

The statement was emailed to reporters and was attributed to an unidentified "White House spokesperson."

On Saturday, Trump had said that "many sides" were involved in Charlottesville. "We condemn, in the strongest possible terms, this egregious display of hatred, bigotry and violence on many sides," he said.

On Sunday TV shows, Charlottesville Mayor Mike Signer, a Democrat,

said the police response was adequate with nearly 1,000 law enforcement personnel assembled. Signer blamed Trump for the violence, starting with his 2016 campaign.

"Look at the campaign he ran ... there is two words that need to be said over and over again, domestic terrorism and white supremacy. That is exactly what we saw on display this weekend," Signer said on CNN's "State of the Nation."

"Across the United States, events were planned on Sunday to 'stand in solidarity with Charlottesville ... honor all those under attack by congregating against hate' a loose coalition of civil society groups said in postings on social media.

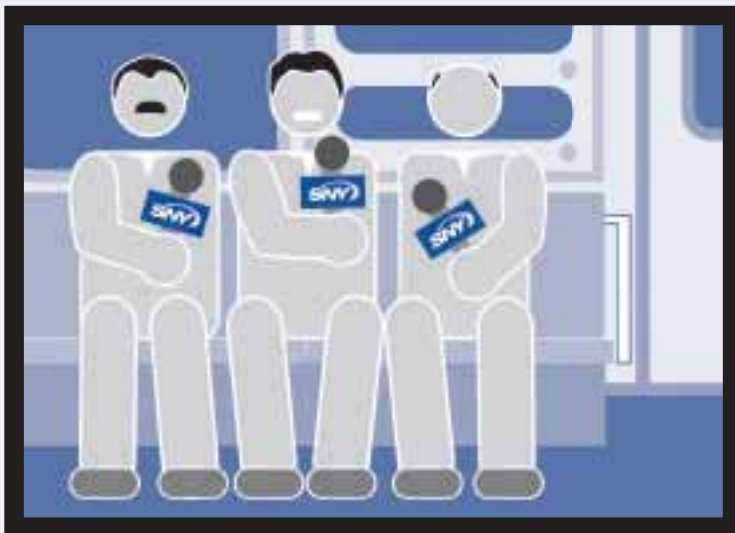
Virginia police have not yet provided a motive for a man who rammed a car into the crowd, but U.S. prosecutors and the Federal Bureau of Investigation have opened a civil rights investigation, an FBI field office said.

Four people have been arrested, including James Fields, a 20-year-old white man from Ohio who is being held in jail on suspicion of deliberately crashing the car.

Federal authorities were also looking into a helicopter crash on Saturday that killed two Virginia state policemen aiding efforts to quell the clashes. REUTERS



**Name:** James Alex Fields  
**Age:** 20  
**Birthplace:** Kenton, Kentucky  
**Residing in:** Maumee, Ohio  
**Charges:** He was booked and charged with one count of second-degree murder, three counts of malicious wounding, failure to stop for an accident involving a death, and hit-and-run, Albemarle-Charlottesville Regional Jail Superintendent Martin Kumer told The Washington Post. Fields was being held without bail and was scheduled to be arraigned Sunday in the Charlottesville General District Court.



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Protesters bang on trash cans after chasing alt-right blogger Jason Kessler away from a news conference Sunday in Charlottesville, Virginia. GETTY IMAGES



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Denouncing the white supremacists, neo-Nazis and KKKers in Charlottesville — that should have been the easy part. But now that he's stumbled so badly there, will the suddenly tongue-tied Donald Trump ever stop seeking alliances with race-baiting, alt-right extremists?

Does he even want to?

This is a president, don't forget, who will insult almost anyone — his top campaign aides, his own cabinet officials, the leading Republicans in Congress. Anyone, that is, except for Russian President Vladimir Putin, who seems to have "Survivor"-style immunity against any and all Trump storms. Now we have to place another entry on Trump's never-single-out list: gun-toting Confederacy nostalgists.

In the hours after hundreds of violent extremists showed up in the historic Virginia university town to "Unite the Right," and a speeding car slammed into counterdemonstrators, all Trump could muster was the mushiest denunciation of bigotry and violence "on many sides." It was as if the race-haters were the moral equivalent of those who were objecting to them.

Can you imagine if an American president, in the immediate aftermath of a terror attack by radical Muslims, held "many sides" equally responsible? Can you imagine if this president had blamed both North and South Korea equally for Kim Jong Un's nuclear outbursts?

As Republican senators raised loud objections to Trump's false equivalency, the White House press office tried to clean up

## ELLIS HENICAN

### Analysis

Ellis Henican is a seasoned observer of the nation's political and social landscape. He has appeared as a commentator on CNN, MSNBC and Fox News. He is a former columnist at Newsday. Follow him @henican



the rhetorical mess, saying, "Of course that includes white supremacists, KKK, Neo-Nazi and all extremist groups." But the clarification stopped far short of what a growing number of Republicans and Democrats are demanding: a direct condemnation of white supremacy.

Don't hold your breath. The reason Trump protects these haters is the same reason he protects Putin. They have something on him, or he feels like he owes them. In this case, he very well may owe them for his presidency.

David Duke, as close as this movement has to a matinee idol, put it quite succinctly in Charlottesville: "We're going to fulfill the promises of Donald Trump. That's what we believed in. That's why we voted for Donald Trump — because he said he's going to take our country back, and that's what we gotta do."

That should send shivers "on many sides."



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Albanese stands beside Trinity Church on Broadway. BESS ADLER

## 'I just want to be mayor,' says third-time candidate Sal Albanese

Former Council Member Sal Albanese is running for mayor as the Democratic candidate.

AMY RUSSO  
@MetroNewYork  
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Sal Albanese walks out of his law office in Manhattan's Trinity Place and stops in front of the church next door. He is hoping to find a New Yorker with whom he could discuss his upcoming bid for mayor, but he greets a tourist instead, shaking hands with her and introducing himself while her baby sits beside her. Casually shooting the breeze with a grin, it's clear despite the suit, tie and campaign pin on his lapel, he's a man of the people.

He is also an experienced politician. Albanese is in the midst of his third run for the Democratic mayoral nomination, and he said that despite lacking funding from lobbyists or big money, he's hoping to make a breakthrough. "I'm sensing that this time around, people are looking for integrity in government," Albanese told Metro. "They're looking for politicians that are not indebted to special interests. ... We're doing it differently, and it's hard to do it this way, but it's worth it because if you get there with a real good government base, you can make these kinds of changes."

Albanese represented Bay Ridge, Brooklyn, in City Council for 15 years, ending his term in 1997, when he made his first run for mayor. He ran unsuccessfully against de Blasio in 2013 for the Democratic nomination for mayor, coming in eighth place with just below one percent of the vote.

But now he is ready for another shot, with the Reform Party's endorsement already under his belt and transportation as a major item on his agenda. Albanese said the long-term solution to the subway crisis lies in fixing sig-

nal systems dating back to the early 1900s. He's already asked Gov. Andrew Cuomo to meet him halfway, hand-delivering a letter to one of the governor's aides stating he would increase funding from the city in an effort to work with the state to pay for improvements.

However, he argued that de Blasio's newly released tax plan to raise funds from the one percent won't cut it, calling it a PR ploy. "It's already been declared dead on arrival by people up in Albany," Albanese said. "He knows it's not going to go anywhere, I know it's not going to go anywhere, and most of the people who follow government know it's not going to go anywhere, so it's a failed plan."

Albanese wants city officials to ride public transit more often, and claims he shamed de Blasio into taking the C train after press noticed him stand

outside the mayor's Park Slope gym. "As the mayor of the City of New York, where the bulk of the riders are your constituents, you've got to be a leader," Albanese remarked. "You can't sit back and say it's not my job."

But whether the third-time candidate will be able to put his money where his mouth is remains another question. Without the financial backing enjoyed by the incumbent de Blasio, the odds may be against him, but he said his campaign funding is on the upswing.

Albanese will run on a platform of better transit, housing initiatives and political reform that aims to cut down on partisan politics and pay-to-play. His mission is simple, he said. He wants to be a full-time public servant. "I want to devote all my energies to the job," he said. "I'm not looking around for president or governor. I just want to be mayor."

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A sandhog walks in the eastbound tunnel of the East Side Access project in New York, U.S., on July 17, 2008. GETTY IMAGES

## MTA AND LIRR EAST SIDE ACCESS COST AND SCHEDULE CONTINUE TO CHANGE

At the July MTA board meeting, it was announced that construction of the Long Island Rail Road East Side Access to Grand Central Terminal will fall behind several more months.

This follows previous announcements of further delays in March. The completion date may slip once again by one year from December 2022 to December 2023, and the costs might

also increase. We have heard this story over and over since 2001. I have previously written and predicted about both possibilities over the past years, and sadly they have come true. A cat has nine lives, and this project may have already used them all up.

The original Full Funding Grant Agreement (FFGA) between the Federal Transit Administration (FTA) and MTA was approved in December 2006. The \$2.63 billion of federal grant funding remains unchanged (virtually all of which has already been spent) with the MTA as a local sponsor having to cover the \$6 billion and growing cost overruns.

Ten years later in August 2016, the FTA-amended FFGA was signed off by both US DOT FTA and the MTA. After years of negotiations, the MTA and FTA came to an agreement, which would reflect the true current cost and schedule. Both the cost went up and first revenue day of service slipped once again. Taxpayers may end up paying \$12 billion or more in direct costs for this project. The odds have increased that riders may have to wait until Dec. 31, 2023, or later before boarding the first LIRR train to Grand Central Terminal.

The MTA has repeatedly increased the budget by billions and pushed back the first day of service by years. On numerous occasions, the MTA has blamed Amtrak for being responsible for additional delays on the progression of this project. Insufficient support from Amtrak has been responsible for periodic delays since 2006. This includes failures to provide both sufficient track outages along with Amtrak Force Account (employee) support. As a result, both LIRR workers and ESA third-party contractors have had problems with timely and adequate access to work sites.

How will the LIRR be able to coordinate daily track outages and go-slow

### LARRY PENNER

#### Analysis

Larry Penner is a transportation historian and advocate who previously worked 31 years for the U.S. Department of Transportation Federal Transit Administration Region 2 NY Office.



work zones to support all of this work, while at the same time providing the basic service? There is no guarantee that these issues will be resolved any time soon. This could result in missing the Dec. 31, 2023, first day of passenger service.

Since 2001, the total direct cost for MTA LIRR ESA to Grand Central Terminal has grown from \$3.5 billion to \$4.3 billion in 2003, \$6.3 billion in 2006, \$8.4 billion in 2012, \$10.8 billion in 2014 and easily up to \$12 billion or more when finally completed. Based upon past history, the final cost might go up again over the next six years by \$1 billion or more. The anticipated opening day for passenger revenue service date has slipped on numerous occasions from 2011 to December 2022 and now December 2023. Over the next seven years, will both this date and budget hold? No one should be surprised if it ends up in 2024. The MTA has repeatedly missed every budget and schedule for this project. They have ended up being worthless paper.

When it comes to completion of ESA, the 1960's LIRR motto "Line of the Dashing Dan" in 2017 should be "Line of the Slow-moving Sloth."

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# Broadway's Alzheimer's iPod Drive is music to patients' ears



Music & Memory is a Long Island-based nonprofit that is striving to make music therapy an industry standard for patients with Alzheimer's, dementia and other cognitive or physical conditions. PROVIDED

The Great White Way is holding its sixth annual call for donations for Music & Memory.



NIKKI M. MASCALI  
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Since its inception, Music & Memory has provided more than 60,000 iPods to people with Alzheimer's, dementia and other cognitive or physical conditions.

But the Long Island-based nonprofit's work goes much deeper than the devices it provides to patients in more than 4,400 certified facilities in the U.S. and 10 other countries in an effort to make music therapy an industry standard.

Music & Memory founder Dan Cohen recalled a man in a nursing home who was always very agitated and would curse at staff and knock away his food and drinks.

"He was not able to articulate what music he liked — there was no family they had access to — but they knew he was

a veteran," he said. "They made up a playlist of patriotic songs, and he just snapped to attention and started humming songs. It immediately changed the whole issue of him being a bit cantankerous."

Through Aug. 19, Broadway is holding its sixth annual Alzheimer's iPod Drive for Music & Memory. Drop-off locations are at Caring Kind (360 Lexington Ave., 4th floor) and AFM Local 802 (322 W. 48th St.). Monetary donations and iTunes cards can be mailed to Music & Memory Donations, 142 Emory Road, Mineola, NY, 11501.

"Because music is really connected to emotions, and our emotional system is very much in tact, it helps maintain a sense of self, our identity," Cohen said. "It helps connect with our memories — it helps keep us alive, in a sense."

And what was the last song that Cohen listened to?

"I've got to go to my phone and look because my memory doesn't tell me," he said with a laugh. "But it was 'Blackbird' by Paul McCartney."

## 2020 ELECTION

### President Trump's re-election campaign releases television ad

President Donald Trump's re-election campaign released its first television advertisement on Sunday, a 30-second spot that attacks Democrats and touts the accomplishments of his first seven months in office.

The ad's release comes amid criticism of Trump's response to the events in Charlottesville, Virginia, where a planned rally by white supremacists led to violence that killed a counterprotester.

The new advertisement uses the same video clips, still images and font as one released earlier this year by America First Policies, a group that is able to secretly raise and spend unlimited sums

of money. Trump's campaign and America First Policies are prohibited from coordinating together.

Trump filed for re-election the day he took office, an unusual move that has allowed him to begin campaigning long before the November 2020 election. Historically, incumbent presidents have waited two years, until after the midterm elections, to file

Trump's campaign did not respond to a request for comment about how much money it was spending on the ad, where it was running or why it decided to release it this weekend.

Trump continues to struggle with low approval numbers, although his campaign has raised more than \$12 million since the beginning of the year. REUTERS

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# Why Knee Arthritis Sufferers Of Almost All Ages Are New York Doc's Merge Best of High Tec

*Fraction of the cost, minimal risk and  
Hundreds of arthritis sufferers from tri-state area calling weekly*

By Matt Edgar

America's Health Writer

**New York City** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments many clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possible"*

## What is the "correct treatment?"

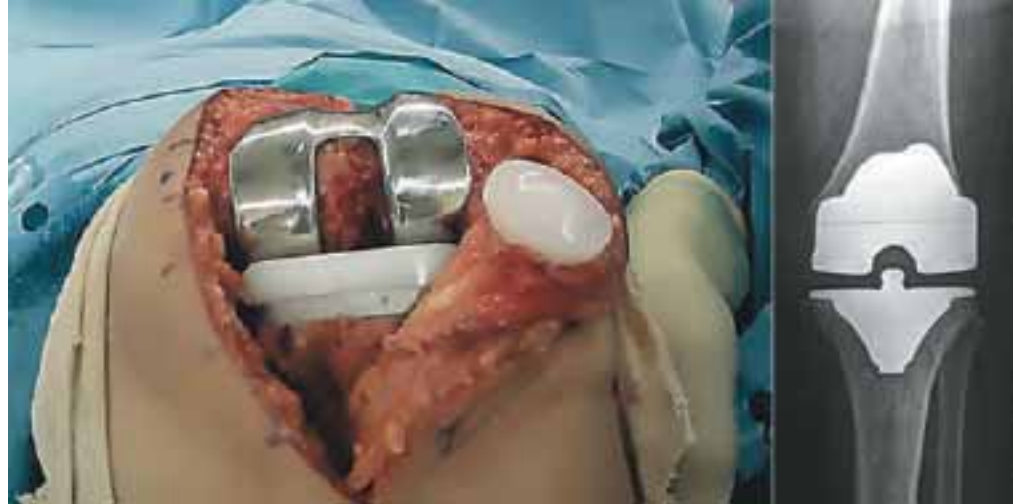
*"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.*

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without *Precision Arthritis Targeting* (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without *Precision Arthritis Targeting Technology* and did not get good results - this may be why.



**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



## Normal Pain-Free Knee Joint

### Everyone Wants Proof:

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



## Knee With Painful Arthritis

### Pain -

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



## Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging

### Failed Treatment -

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



## Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology

### Successful Treatment -

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.



# Choosing Newest Medical Procedures Before Surgery h Medicine And All Natural Treatments

*little to no downtime amongst top reasons.*

*to find out if treatment is right for them...Often covered by insurance.*

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, for the 2 ½ years thousands of knee pain sufferers have flocked to the **NY Pain MD** New York City

That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

## Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

## Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

## Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

## Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

*"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without Technology can miss the joint up to 30% of the time."* noted the Director of Center

**NY Pain MD** is a state of the art medical facility offering the best technology.



**Advanced Medical Technology Can Make All The Difference:** This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

## And that's not all :

*"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries."* added the director.

## How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

## Many Insurance Plans Participate:

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**All you have to do is call 800-885-KNEE (5633)** right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

**And here's something really important -** Viscosupplementation treatments are covered by most insurance, union plans and even medicare. To schedule your no obligation screening or if you have any questions:

**Call: 8 0 0 8 8 5 K N E E (5633)**

## Are You Qualified For Knee Arthritis Screening With NYC Pain MD?

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

If you answered yes to any of these questions - give **NY Pain MD** a call and schedule your no obligation knee pain screening

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# Bike-share company to challenge Citi Bike

Spin differs from Citi Bike in two ways: It's dockless — and not approved by the city.



NIKKI M. MASCALI  
@MetroNewYork  
nikki.mascali@metro.us

More New Yorkers are taking to the streets on two wheels, thanks in part to the city's contract with Citi Bike. Now, a new company hopes to give Citi Bike a ride for its money.

San Francisco-based Spin was going to hold a demonstration in the Rockaways on Monday, and reportedly bring 300 bikes to the city, with half going to the Rockaways and the rest to Manhattan and Brooklyn, City Councilman Eric Ulrich told the New York Post.

On Friday, Spin said that it was postponing the demo, but it plans "to educate the cycling constituency and press as to how



San Francisco-based Spin is a dockless bike-share that is bringing 300 bicycles to New York City — without DOT approval. [FACEBOOK/SPIN BIKESHARE](#)

such a system would work in the Rockaways and other communities underserved by transit.

Spin differs from Citi Bike in two big ways: It is dockless — and its demo or further operations have not been approved by the city's Department of Transportation.

"Bike sharing represents the future, and I don't believe we should be protecting Citi Bike as a monopoly," he told the Post. "Citi Bike has a contract to have docks on city

property ... but the city has to let bike riders and New Yorkers decide who they want to pay."

In a statement on Friday, the DOT said: "We're interested in what the newest generation of bike-sharing technology can do to help us expand access to more neighborhoods ... but this can't be the Wild West, with ad hoc installations that haven't received city approval and that don't fully consider the future of bike-sharing in New York."

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# Canadian pastor sees his release from North Korea as goodwill gesture

A 62-year-old Canadian pastor held in a North Korean prison for more than 2½ years said he suspected his life sentence was commuted last week to help reduce pressure on Pyongyang.

"I believe [North Korean leader] Kim Jong Un let me go as a gesture of goodwill in the face of so much rhetoric," Hyeon Soo Lim told a packed worship hall in a Toronto suburb on Sunday.

That was his first public appearance since his release on Wednesday, during a week when Washington and Pyongyang were exchanging escalating threats of violence amid their long-running dispute over North Korea's nuclear program. Canadian authorities have declined to discuss



Hyeon Soo Lim GETTY IMAGES

the negotiations that led to Lim's release.

Wearing a baggy charcoal-gray suit and speaking in his native tongue of Korean, Lim described a harsh life of labor in solitary confinement, where he was forced to dig holes in frozen ground for two winters.

"The mud was so hard that it took two

days to dig one hole, 16 hours," he told hundreds of parishioners.

He said his health suffered in his first two months at the labor camp, and his weight dropped by 51 pounds, but he added that his condition had since improved.

"Reverend Lim's release was a miracle, work of God," said church founder Chai Hoon Park, who recruited Lim in 1985. "He escaped from the fire pit."

Lim sat at the front of the hall holding his 1-year-old granddaughter, who was born while he was in captivity. He appeared jubilant, thanking his congregation and the Canadian government for their support.

REUTERS

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# Minutes from missiles, Guam islanders get to grips with uncertain fate

North Korea on Thursday said plans would be completed by mid-August to fire four intermediate-range missiles to land near Guam, some 2,175 miles away.



A general view of Tumon Bay in Guam. ED JONES/AFP/GETTY IMAGES

Fourteen minutes is not long to prepare for a potential catastrophe. That's the estimated time taken from a launch of a mid-range ballistic missile in North Korea until impact on Guam, where residents seem resigned to the belief that their fate is out of their control.

The local government of this tiny U.S. Pacific island issued preparation guidance to its 163,000 people on Friday on how best to hide and deal with radiation after threats by Pyongyang to strike Guam, or test its missiles in its surrounding waters.

But islanders don't seem in a hurry to get ready.

Mike Benavente, 37, who maintains air conditioners, said he saw the advisory on Facebook, but preferred family time at a beach barbecue to stocking up on supplies and thinking about suitable

shelter options.

"Preparation for attack? I'm doing it!" he said, pointing to a grill he was readying for burgers and hot dogs. "If we have a big missile coming here, everyone's gonna die. How can I prepare for a missile?"

In a guidance note titled "Preparing for an Imminent Missile Threat," Guam Homeland Security advised seeking out in advance windowless shelters in homes, schools and offices, with concrete "dense enough to absorb radiation."

It said if an attack warning came, residents should seek shelter and stay there for at least 24 hours. Those caught outside should lay down, cover their heads and "not look at the flash or fire-

ball" to avoid going blind.

Plush hotels along Guam's Tumon beach didn't seem in a rush to prepare either. Staff at several hotels and resorts said they knew guidelines had been issued but already had procedures in place for emergencies.

"We have an evacuation plan for typhoon, tsunami, terrorism, but we don't have anything for a North Korean missile attack," said a supervisor at one resort, who asked that neither he nor his hotel be identified because he wasn't authorized to speak to the media.

A manager at a hotel nearby had a printed copy of the guidelines, but said there was no instruction yet to distribute it to guests.

REUTERS

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# 10 of the most shocking celebrity breakups

Ranking this year's breakups — so far. Because breakups are the new black. **RACHAEL VAUGHAN CLEMMONS**

We're only eight months into 2017, but the breakups are piling up. While this year has given its all to the likes of Beyonce and Jay-Z, some couples haven't been so lucky. Here are all the top 10 major breakups of 2017 so far, from the typically obvious to the totally unexpected.

10

## Amber Heard and Elon Musk

This pair called it quits in early August and sources say it ultimately came down to timing. Mm-hm, OK. Methinks it may have been a rebound situation — Heard had split from Johnny Depp, husband of 15-months; and Musk was coming off of his second divorce from his second wife. You know what they say about rebounds — they mostly never last.



9

## Ben Affleck and Jennifer Garner

These two weren't so much a matter of "if" but "when" given all the relationship and personal drama. They first separated in 2015; then he maybe cheated with the nanny; then they called off the divorce; then Affleck completed treatment for alcohol addiction; then they decided to finally nip the thing in the bud in April. That's a lot!



ALL PHOTOS GETTY IMAGES

8

## Blac Chyna and Rob Kardashian

News of Chyna and Kardashian's final breakup came via a very intense Instagram meltdown, thanks to the latter. He posted Chyna's nudes and followed up with a slew of accusations — from Chyna's alleged promiscuity to rampant drug use. She slammed him for breaking revenge porn laws. Very intense! Thankfully, they've decided to take care of the rest of their issues behind closed doors.



7

## Katy Perry and Orlando Bloom

When two thirsty people come together in a romantic union, you figure either they're going to break up immediately, or they will continually find strength from each other's quest for all-encompassing fame. These two surprisingly ended up being the former.



6

## Scarlett Johansson and Romain Dauriac

According to an interview she gave in Playboy's March/April issue, Johansson decided she no longer believed in monogamy some time ago. While she was still married. The "Rough Night" star split from her husband of over two years, Romain Dauriac, early this year. Now she's apparently making out with Colin Jost from SNL.



5

## Janet Jackson and Wissam al Mana

The romantic in me wanted these two to be together forever. But getting married and then getting divorced is kind of Jackson's thing — she's not a woman who can be pinned down. Which is probably why the pair split shortly after the birth of their very cute son, Eissa. Aw, man.



4

## Casey Affleck and Summer Phoenix

Was it that allegation of sexual harassment? Or just that Summer Phoenix wasn't into Casey Affleck's beard during his Oscar win? Nobody will ever know, but the two announced their plans for divorce in early August. At least he'll always have that Oscar.



3

## Carmelo and Lala Anthony

Carmelo and Lala have been together for a long time. But all of a sudden, the two were separated, and Carmelo was plagued with rumors of infidelity and impregnating a woman that was definitely not Lala. Yikes. It's chill though — he's still posting thirsty pictures of her on his Instagram.



2

## Jesse Williams and Aryn Drake-Lee

Jesse Williams was previously celebrated for having a non-famous wife, but then he turned around and divorced from her and started dating Minka Kelly. Take that for what it's worth.



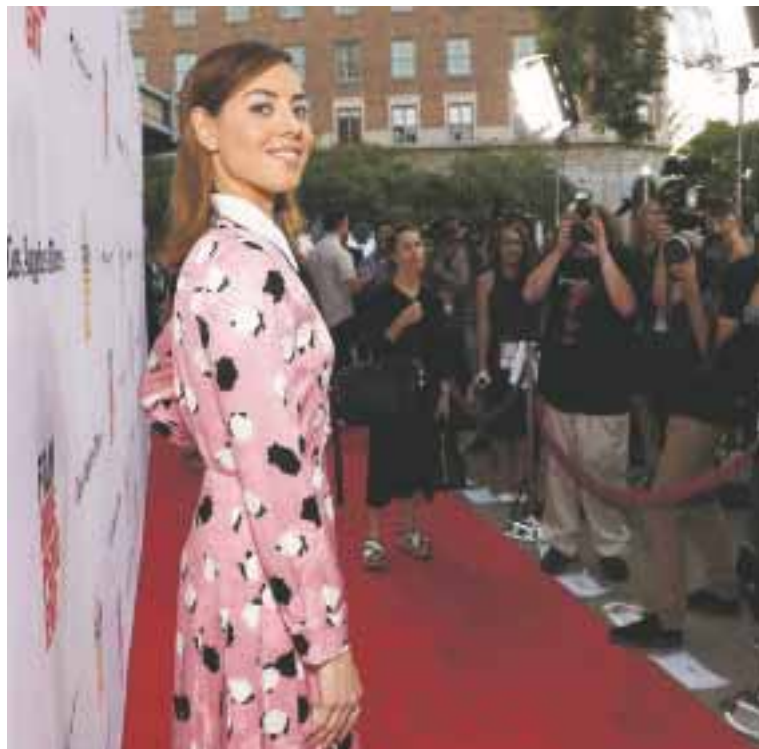
1

## Anna Faris and Chris Pratt

Anna Faris and Chris Pratt, the celebrated "normal" celebrity couple, announced their separation last week and it was a real bummer. The couple has been married for eight years and have a 4-year-old son. There are a lot of rumors about what could have caused their split, but one thing is for sure: the love is probably dead, right?







Aubrey Plaza: versatile actress, avocado toast aficionado. GETTY IMAGES

# Small talk with Aubrey Plaza

A lightning round with the delightful “Ingrid Goes West” star.



RACHAEL VAUGHAN CLEMMONS  
@rachaelclemz  
rachael.clemmons@metro.us

When we chatted with Aubrey Plaza for her latest effort — the very dark, very funny and very genuine “Ingrid Goes West” — we also asked her a lightning round of questions that covered everything from witchcraft (of course) to avocado toast. Here’s what the very funny, very warm actress had to say about that and everything else.

**Do you ever get mistaken for Drake since you both have the same first name?**  
Every day of my life.

**Lana del Rey cast a spell on Donald Trump. Did you also?**  
Yes. 100%.

**Do you even like avocado toast?**  
Yes, I had it for lunch today. They have it on the menu here. Totally

random coincidence.

**Is it a coincidence?**  
I don’t know. Nothing is real.

**Instagram or Twitter?**  
Instagram.

**Speaking of Instagram, who is your #WCW?**  
Catherine Keener. Just been thinking about her a bit recently.

**TV or movies?**  
Movies.

**Do you have a favorite comedian?**  
Well Louis C. K. is always my favorite. Yeah. But I’ve been getting into Gil Azeri’s Snapchat. Have you seen that? I think they’re making a show out of it now because it’s so funny.

**If you weren’t an actor what would you be?**  
I would be a witch? No. I would be a horseback-riding instructor. But I don’t know how to ride a horse.

**Sorry, I’m getting really distracted by this bagpipe playing outside.**

That would be cool. OK, I’d be a bagpipe player.

**Social: media good or bad?**  
Bad.

**What’s your favorite curse word?**  
F—k. Which I said 10 times on f—king “Fallon” by accident. Which is a thing I do when I’m nervous. Say f—k.

**Favorite cocktail?**  
Ooh. I would probably have to go with an old fashioned. I’m a whiskey, bourbon kind of girl.

**Favorite New York restaurant?**  
For nostalgic reasons Veselka, because I used to live right there and it’s comforting. Russ and Daughters. Any Mario Batali restaurant is OK for me too.

**OK, that’s it.**  
That’s it? So, you’re not going to ask me anything controversial?

**Uh, what are your thoughts on Chris Pratt and Anna Faris?**  
Oh. No.

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G

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(Landscape between Sheep Meadow and the 72nd Street Cross Drive)



Wed, Aug. 23

**THE GREAT GATSBY** (2013)

PG-13



Thu, Aug. 24

**SATURDAY NIGHT FEVER** (1977)

R



Fri, Aug. 25

**THE GODFATHER** (1972)

R



Sat, Aug. 26

**SPIDER-MAN 3** (2007)

PG-13

Gates open at 6:30 pm; movie starts at 8:00 pm

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The traditional Kagoshima-style bowl at Menya Jiro.  
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An award-winning Japanese chef whose ramen swept the board, winning all the awards at last year's Japan Fes has opened his own shop.

Menya Jiro is now open at 123 William St. in the Financial District, sharing a spacious dining room with BentOn Cafe, a Japanese fast-casual counter with DIY bowls and sushi.

Chef Jiro Ysuma, who has three other locations of Menya Jiro in Japan, won the audience vote at Japan Fes 2016 by a large margin, and honed his recipe with stints in the kitchens of Ramen Lab, the Nollita incubator for ramen concepts, and Stirling Sake on Long Island.

Ramen styles vary by region, and Ysuma is the first to serve the Kagoshima style in New York City.

The "two-taste" ramen uses the popular tonkotsu (pork) base, but steeps it with chicken bones, creating a lighter-tasting soup that's packed with flavor without the usual thick haze of fat. This means you can eat the whole bowl without needing a nap.

Ysuma also uses fried onions, but instead of sprinkling them on top, they're added to the broth just before it's served — stir up your soup when it arrives to add a deep umami note to the whole thing, or save it for the end.

Also unusual for tonkotsu ramen, Ysuma prefers to use a slightly thicker noodle that chews more like pasta than the usual thin, ropey variety. His char siu pork is lean and stewed with soy sauce; garnish is simply a

handful of scallions and bean sprouts.

The shop's opening menu features just three kinds of ramen: the classic Kagoshima style, a spicy version that manages to add heat without blowing out your palate or the flavors of the soup; and a "premium" tonkotsu with fried garlic (\$14-\$15). Expect more varieties to be added later.

Since opening his first Menya Jiro shop in Ibusuki City in 2010, Ysuma has also racked up wins at several regional ramen festivals in Japan. Among them, according to the business, was being named "Women's Favorite Ramen Restaurant" by a Japanese television station, though Metro could not independently verify this accolade.

Menya Jiro is located at 123 William St., open Mon-Fri 11:30 a.m.-9 p.m. and Sat until 8 p.m., [menyajiro-ny.com](http://menyajiro-ny.com)



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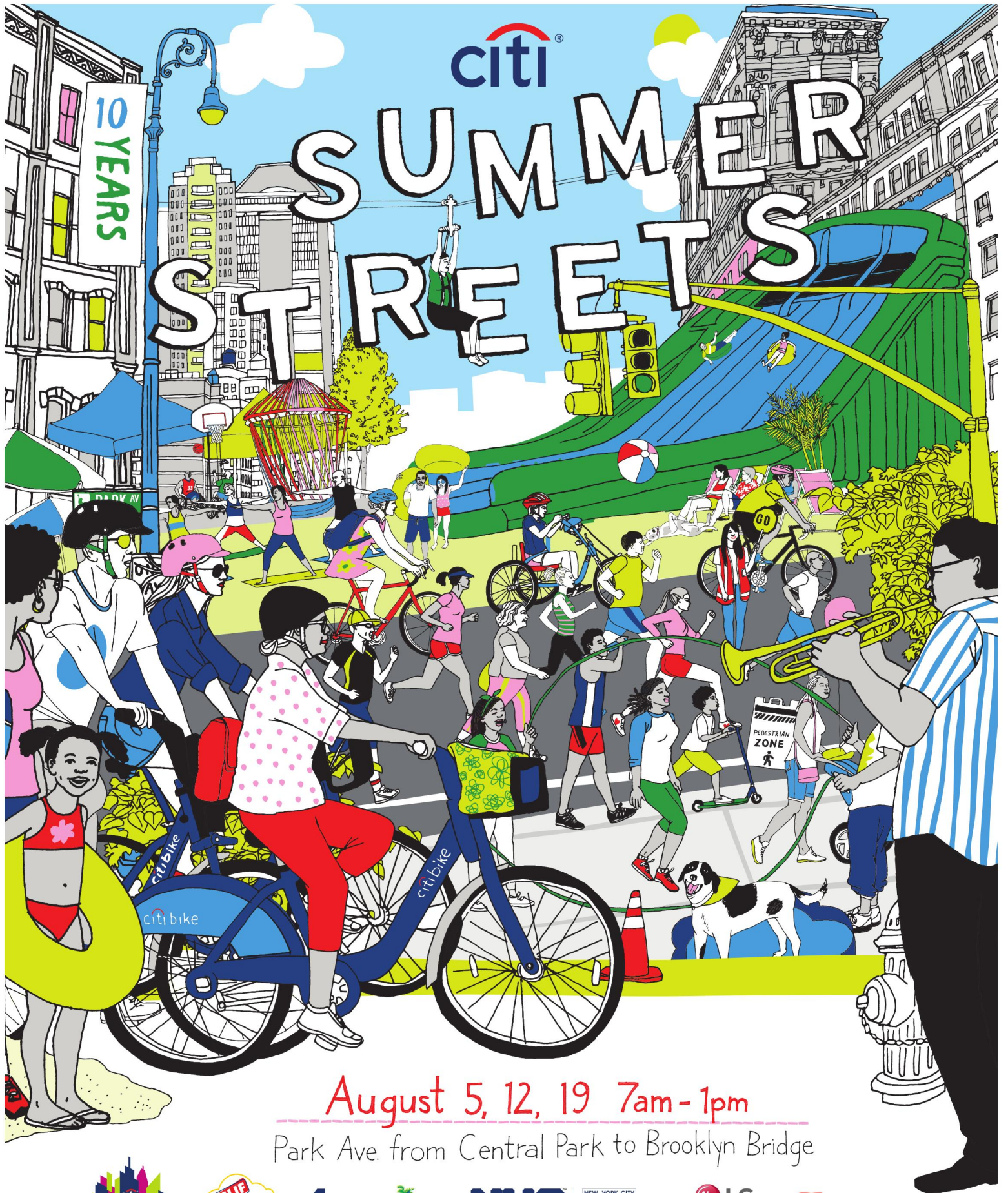
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# Prosecco Donuts are here

Brunch just got even boozier.

ELIZABETH WHITE  
@MetroNewYork  
letters@metro.us

The Doughnut Project is making Prosecco Doughnuts an actual thing and we're here for it.

Partners Leslie Polizzotto and Troy Neale have teamed up with Ruffino Wines to bring us the Prosecco-infused sweets glazed with Prosecco frosting and dusted with edible glitter and gold leaf.

Running from today through August 20, you can find them at the Doughnut Project. They're available all day until they run out. The new treats, which go for \$4.25 each, have been a long time in the making too.

"For the past two years we have been perfecting our recipes, craft and vision," Polizzotto and Neale told Marie Claire.

Polizzotto and Neale also brought the Everything Bagel doughnut into this world. The savory-



Prosecco Doughnuts INSTAGRAM.COM/THEDOUGHNUTPROJECT

and-sweet combo, covered in cream cheese frosting and sprinkled with sea salt, sesame seeds, poppy seeds, pumpkin seeds and garlic had New Yorkers waiting in line at the shop in West Village and sold out daily.

Although the reviews for the Everything Doughnut were mixed, we have hopes that this latest Instagram-ready concoction will taste as good as

## If you go:

The Doughnut Project  
Aug. 14-20  
M-F 8 a.m., S-S 9 a.m. until the doughnuts are all gone  
10 Morton St., West Village  
thedoughnutproject.com

it looks. At the very least, it'll give us a buzz.

# Just peachy

After going super-trendy with cold brew for his first special soft-serve flavor of Summer 2017, Dominique Ansel decided to kick it back to a Southern classic this month.

Peach Tea is the newest soft serve flavor crafted by the Cronut creator and award-winning French pastry chef. Made with peaches and entwined with a hint of black tea, it's topped with a subtle lemon powder and garnished with a honey-roasted peach. (Be careful — it's a little slippery.)

"It's very clean and very refreshing for the summer," Ansel says.

Available at Dominique Ansel Kitchen's seasonal soft-serve window through the end of August, Peach Tea soft serve has replaced the cold-brew favorite that's been available since late May.

Don't despair, coffee lovers — it's not gone for good. "We'll eventually bring the cold-brew back," Ansel promises.

August's peach flavor has changed a bit since Ansel first announced it as "white peach soft-serve topped with salted pistachios and drizzled with lavender honey."

September will bring a slightly heavier flavor: dark chocolate olive oil soft serve topped with figs agrodolce and a sprinkle of sea salt. The soft-serve window will continue to serve its signature burrata flavor drizzled with balsamic caramel, topped with



Dominique Ansel is closing out summer with Peach Tea soft serve.  
DOMINIQUE ANSEL KITCHEN

microbasil and served over a confit strawberry at the cone's base until the end of the season.

"They think of burrata as cheese, which is savory," Ansel says to those who may doubt its soft-serve potential.

"But it pairs very well with something sweet. Most of the time, people are very happily surprised by the flavor of the burrata."

Ansel is always in the process of concocting

new treats and delicacies, with the pastry case at his bakeries changing with the seasons. But right now, he says he's largely focused on opening a new restaurant and bakery in Los Angeles this fall.

TAYLOR HA

**Dominique Ansel**  
Kitchen's soft-serve window is open Wed-Sun at 137 Seventh Ave. S. [dominiqueanselkitchen.com](http://dominiqueanselkitchen.com).

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# When college isn't the only route to success

UnCollege's 9-month gap year initiative takes students out of the classroom and into the real world.

SARA FEINSTEIN  
@SaraFeinstein  
sara.feinstein@metro.us

When Daniel Moriarty began college last fall, he was already one step ahead of most of his peers. At just 18 years old, he had already answered the nagging question: What do you want to do with your life?

"I was convinced that I wanted to be an architect," he recalls. "I was so sure about it. It was something I had thought about since the 6th grade."

With a clear path in his mind, he enrolled at the New York Institute of Technology in Manhattan and began taking the required classes for a major in architectural design. Then, things started to change.



UnCollege hopes to teach students "how to learn." ISTOCK

"I was learning about the field in the classroom every single day, swamped with work and all of a sudden, I started to grow distant from something I once had so much passion for," he explains. "I started to almost hate architecture."

It was that epiphany that led him to UnCollege. Designed to give students

a chance to direct their own learning rather than be confined by the parameters of their syllabus, the nine-month gap year program begins with a detour to another country.

And while tuition isn't cheap — the entire program costs \$19,000 — the company believes that their end goal makes the price tag entirely worth it.

"We want to help students start thinking about who they are as people and what particular passions they want to pursue," explains UnCollege's CEO Charles Taibi.

"We want them to have an experience that's quite outside their comfort zone. It's really about reflection and taking a step out of what was a

very hyper-structured life in high school."

For Moriarty, that meant packing his luggage and going to Brazil to spend 10 weeks volunteering with a local NGO.

He then traveled back to UnCollege's headquarters in San Francisco to start learning the basics of adulting as part of the program's "launch phase."

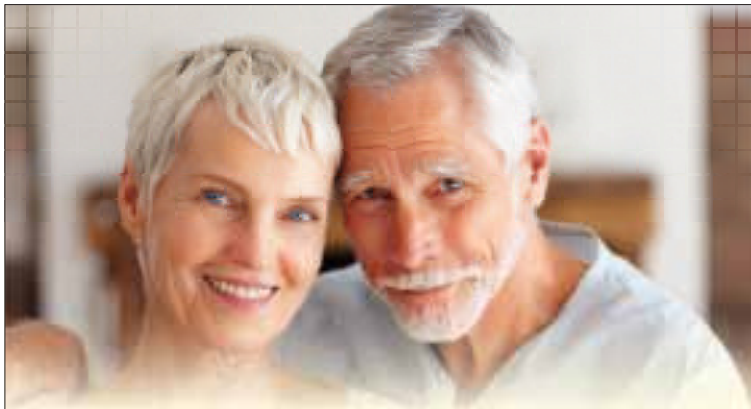
"It was almost like the street-smarts for businesses stage. I learned the things I couldn't really get from a textbook."

During the 10-week duration, Moriarty learned how to network, cold email, interview and establish an effective personal brand. All of that helped him to secure an internship at the co-working space, Covo.

But the internship — the third and final stage of the program — wasn't the end for him. His supervisor eventually offered him a position opening up their second location in St. Louis, Missouri. And he didn't hesitate to accept.

"I figured I might as well take advantage of this time while I can," explains Moriarty.

"While all of my friends are still in college, this is the time where I can fall, trip and mess up and then pick myself back up and experiment with what I want to do. I've still got a lot to learn."



This medical research study includes an in-house stay of 3 days/ 2 nights and 6 outpatient visits, 1 phone call and 1 follow up visit.

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Fred Wilpon, right, has held a stake in the Mets since 1980. GETTY IMAGES

## IT'S TIME FOR WILPONS TO SELL THE METS

For some reason, the questionable, head-scratching, even downright puzzling actions taken by the New York Mets are still met with some factor of shock and awe.

You would think after a while, we would just grow accustomed to the madness. But late Wednesday night, jaws dropped once again after the Mets traded their most productive bat, outfielder Jay Bruce, to the Cleveland Indians.

The 30-year-old is in the midst of a career season as he led New York with 29 home runs and 75 RBI. But with his contract expiring at season's end and with the Mets going nowhere, teams were bound to call looking to bring Bruce on as a rental.

Obviously, this provided a perfect opportunity for the Mets to seize the moment of possessing a big bat and bring

### JOE PANTORNO

#### OPINION

Joe Pantorno is the sports editor for Metro New York.



in at least a few solid prospects to restock the farm system with.

Remember, though, this is the Mets. Things just don't work out like they would, say, with the Yankees. Like when they traded Aroldis Chapman for the Chicago Cubs' top prospect Gleyber

Torres, among others, and then re-signed the flame-throwing closer during the winter.

No, the Mets instead acquired relief-pitching prospect Ryder Ryan and ONLY relief-pitching prospect Ryder Ryan, who has a name suited for an episode of "Dawson's Creek" more than a mound at Citi Field.

The 22-year-old, who was a catcher just two years ago while playing his college ball at North Carolina, is applying his trade in single-A ball. In 33 appearances he has a 4.79 ERA while allowing 44 hits in 41.1 innings of work. He wasn't even ranked on the Indians' list of top-30 prospects.

Obviously, the move had Mets fans and those around baseball wondering why the Mets would give up Bruce for so little.

Well, this is the part of the story in which you turn your angry gaze toward management.

You see, the Yankees were actually involved in talks for Bruce. It wasn't a last-minute thing either. They had a package of prospects prepared to send to the Mets. Prospects the Mets had previously disclosed that they wanted.

The problem is, the Yankees offered just \$1 million in salary relief from Bruce's contract. The Indians offered \$5 million.

Is Mets owner Fred Wilpon and his son Jeff that cheap that they would be willing to save \$4 million instead of bringing on young talent that the team could actually build with?

It's not like the Mets' payroll is going to be astronomical. In fact, guaranteed money owed to players next year will almost be cut down by \$100 million compared to this season.

You're looking at a team playing in

### Mets vs. Yankees

A glance at the 108-game history of the Subway Series. The Mets and Yanks will clash again for four games this week.

— Yanks lead series 62-46

— Yanks have outscored the Mets 522-460

— Longest NYY win streak: 7 games (2002-03)

— Longest NYM win streak: 6 games (2013-14)

— Players to play for both franchises (all-time): 129 including David Cone, Doc Gooden, Darryl Strawberry, Carlos Beltran, Curtis Granderson

America's largest market being run like a franchise that's housed in Milwaukee or Tampa.

This still might have to do with Wilpon los-

ing almost \$700 million in the Bernie Madoff Ponzi scheme, but there is no legitimate reality that the Mets can be winners if their owner is a penny-pincher who cares more about his funds than his team.

That's not me saying that Wilpon should be financially reckless or that he should throw caution to the wind with his assets. You obviously have to put baseball aside there. What I am saying, though, is that it's time to seriously consider putting the team up for sale so a tortured fan base, in New York of all places, can be provided with a group committed to putting a winning product on the field.

Not a team that wants to save \$4 million while falling flat on their faces during a season that was supposed to have postseason aspirations.



# FANTASY FOOTBALL DRAFT TARGETS AND AVOIDS

A look at the players to target, and players to avoid in your upcoming fantasy draft.

## Maclin the man

Jeremy Maclin is poised to lead the Ravens in targets this year after coming over from Kansas City, which could be a very profitable position in 2017. The Ravens led the NFL in pass attempts in 2016, averaging more than 42 a game. While it's true that Mike Wallace and Breshad Perriman will stretch the field for the Ravens, Maclin is a lock to be the primary slot receiver. Maclin will be an every-week WR3 with upside for more.

## Unleash the freak

Tyreek Hill lit up the fantasy landscape in

## BILL DUBIEL

Bill Dubiel is a fantasy football expert and lead NFL columnist for Rotoballer.com.



2016 with 12 all-purpose touchdowns, but was especially impressive returning kicks. The Chiefs have now announced that Hill will be giving up a large part of his duties



New Ravens receiver Jeremy Maclin should have a monster fantasy year. GETTY IMAGES

as a kick returner, and for good reason. The dynamic sophomore is now the clear-cut WR1 in the Kansas City offense, and

all reports out of Chiefs camp are that Hill and Alex Smith have a ton of chemistry. He really only has Travis Kelce to com-

pete for targets with, and while expecting another 12 touchdowns might be optimistic, you can reasonably expect Hill to

catch at least 75 passes in 2017. He could be a steal in the fifth round, and should be all over your fantasy radar.

## Abdullah not alone

Ameer Abdullah is certainly multitalented, but to me he is more of a "jack of all trades, master of none" coming into 2017. The Lions do not seem ready to feature Abdullah despite some reports to the contrary, and it's hard to trust a running back who is part of a committee to return the value you want for a player with his ADP (fifth/sixth round). Zach Zenner is still going to take many short-yardage carries, particularly in the red zone, and Theo Riddick has proven himself to be a go-to, pass-catching third-down back.

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Across

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5 Receded  
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14 Toast topper  
15 Polynesian language  
16 Field of study  
17 French wine region  
19 Dollar fraction  
20 Tenet  
21 -- take forever  
22 Type of clock  
24 Sanctify  
26 Cagers' org.  
27 Customs  
30 Tie pattern  
34 Tailors' needs  
35 Clenched hand  
36 Clean the deck  
38 B'way posting  
39 Rabbit  
40 Period  
41 Tune  
43 Kind of moth  
44 Parachute parts  
46 Prosperity  
48 Frothy dessert  
49 NBC rival  
50 Cook in embers  
52 Hit  
55 Devotee  
56 Luau dish  
59 Tien Shan range (var.)

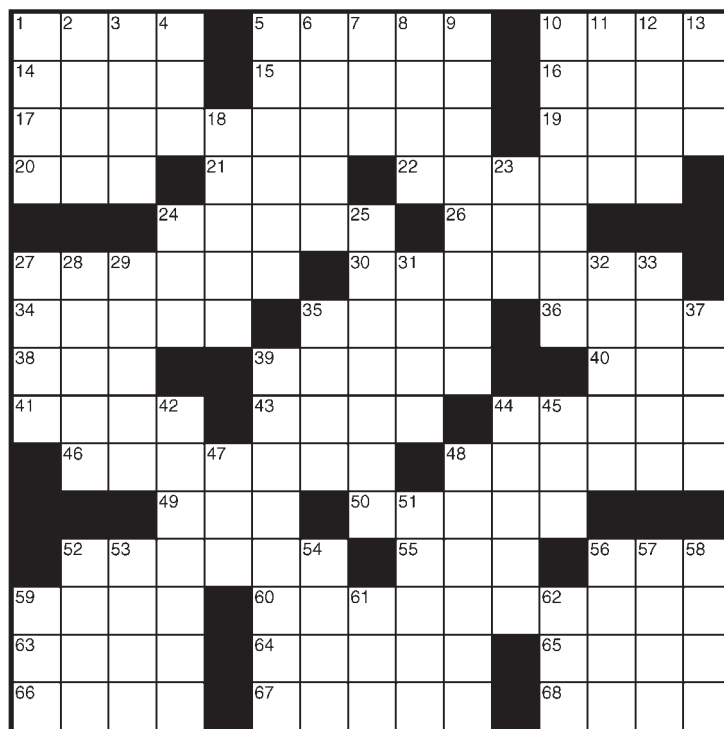
- 60 Violent eruptions  
63 Loft locale  
64 Up and about  
65 Water, in Baja  
66 Doe's mate  
67 Moves about  
68 Curious

Down

- 1 Asian desert  
2 Pub orders  
3 Juice a grapefruit  
4 Pay as -- go  
5 Overdoes a role  
6 Loses hair  
7 Jungle crusher  
8 Speed-skater -- Heiden  
9 Lack of accord  
10 Wild dogs  
11 Black-and-white snack  
12 TV host Jay --  
13 Make lacework

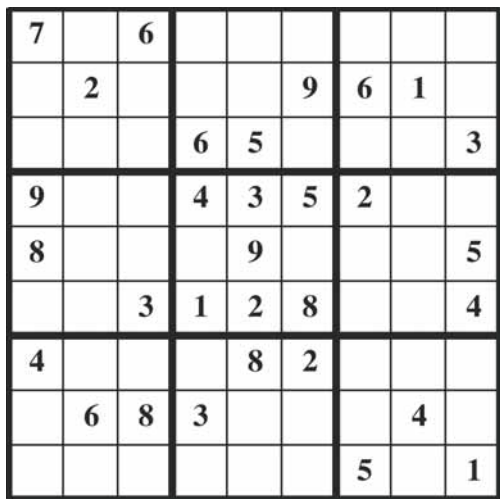
- 18 Spurs a lover  
23 TV network  
24 Corn crib  
25 Fishing lure  
27 Snake's warning  
28 Traffic indicator  
29 Daniel or Debby  
31 Disoriented  
32 Pitchers  
33 Lawns  
35 Tea time, perhaps  
37 Headquarters  
39 Zills, for example  
42 Conspicuous  
44 Expenses  
45 -- of bounds  
47 Hoover's org.  
48 Stoneworkers  
51 OPEC vessel  
52 Lath  
53 "GWTW" plantation  
54 Way out  
56 Comic swamp critter  
57 Heavy burden  
58 "--, old chap"  
59 Sit-up targets  
61 Tire pressure meas.  
62 John, in Glasgow

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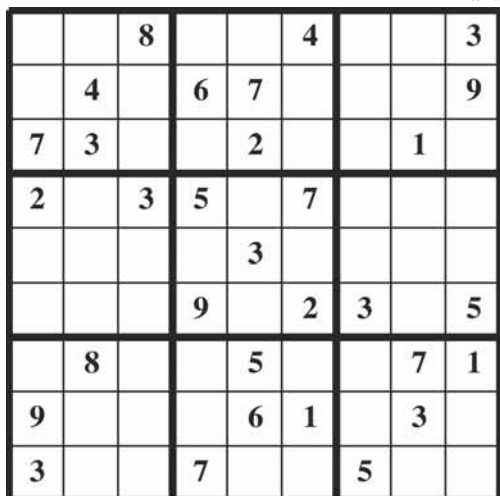


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easy



hard



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**Aries** Take care of business. Try not to over-react to intense personal situations. If you let your emotions affect your work, you will not live up to your professional standards.



**Taurus** An emotional situation regarding a child, loved one or friend will leave you feeling annoyed or frustrated. Don't let anger take charge when you need to stay calm.



**Gemini** Find out what's really going on before you decide to point fingers at someone who may be an innocent victim. Honesty and integrity will be tested. Observe and gather facts.



**Cancer** Do what works best for you. A creative endeavor will calm your nerves. Make relationships a priority. Nurture what you have to gain respect and emotional support.



**Leo** Choose practicality over impulsiveness. Change can be good, but only if it's carefully considered. Don't let your emotions deter you from finishing a job.



**Virgo** Share your opinions, but don't force others to do things your way. Acceptance and cooperation will help you discover options you haven't thought of or considered.



**Libra** Emotionally fueled spending won't bring you the satisfaction and happiness you desire. Look inward and make mental, physical and financial decisions.



**Scorpio** Creative pursuits will motivate you to participate in an event that will bring you in contact with unique people. Engage in discussions that promote productivity.



**Sagittarius** Take care of any responsibilities quickly so you can move on to more pleasurable pastimes. Travel, entertainment and socializing are featured.



**Capricorn** Set a budget before you begin to make changes at home. Overreacting to a situation you face with a partner will not solve the problem.



**Aquarius** Think before you act. There will be plenty of emotional outpourings from those who oppose your opinions or plans. Listen to sound advice.



**Pisces** Question your current relationships and professional position. Consider other ways to use your skills that will generate greater income. EUGENIA LAST

Yesterday's answers											
FLUX	RAVEL	ALEE									
LISA	EMILE	CELT									
OMEN	STEMS	HOSE									
ENRAGE	DESTINE										
	DUMB	ROBE									
CUCUMBER	NAVAL										
OHO	PLAID	REMIT									
OATH	ESTES	RENO									
TUTUS	TAMPS	BEN									
LAMPS	SOLITARY										
	BITS	NERO									
WALNUTS	NEURAL										
JOVI	CREED	COLA									
IRON	CAPRI	ADDS									
FENG	OPTED	NEAT									

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